

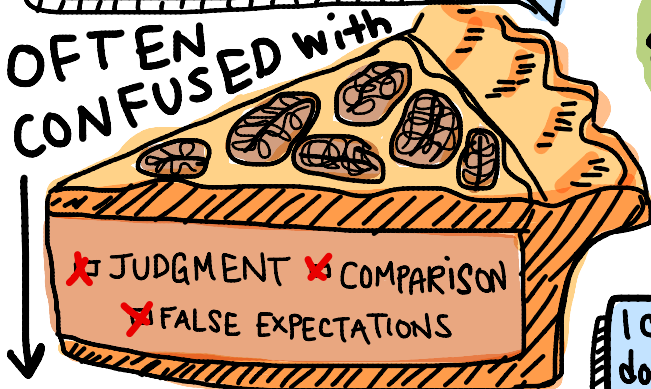
Mindful self-compassion

#wakehappy

With Kristin Neff, PH.D.

Treat yourself with the same care you would give to a friend.

OFTEN
CONFUSED with



I'm fat.

I care about myself and don't want to suffer. What can I do?

Self Pity



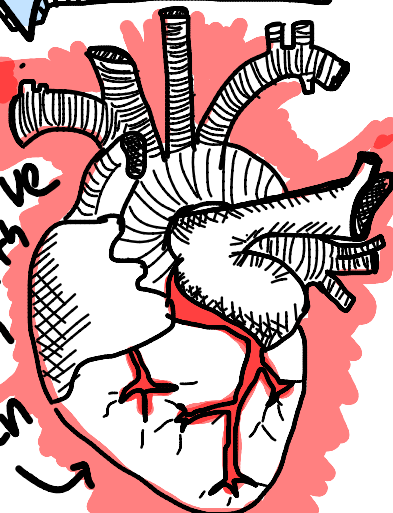
Self-Esteem

Self Indulgence



Set boundaries to support your own well-being!

Live with an open



livehappy.com

sketchnote by minhngo.ca